

--12. A nutritional or dietary supplement containing lactobacillus bacteria fixed and maintained for long-term storage comprising:

a sealed, airtight container containing

a solid, dry, granular admixture comprised of

solid, dried lactobacillus bacterium,

a dried, non-living yeast, and

a protein concentrate wherein,

the solid, dried lactobacillus is lactobacillus acidophilus at a concentration of between 0.1%

to 100%, and wherein the dried, non-living yeast is at a concentration of between 2.5% to 20%, and

wherein the protein concentrate is at a concentration of between about 25% to about 98%.--

--13. The composition of claim 12 wherein the dried, non-living yeast is Brewer's yeast.--

--14. The composition of claim 12 wherein the protein concentrate is selected from the group consisting of whey and soy protein isolates.--

--15. The composition of claim 12 further comprising a flavoring agent.--